

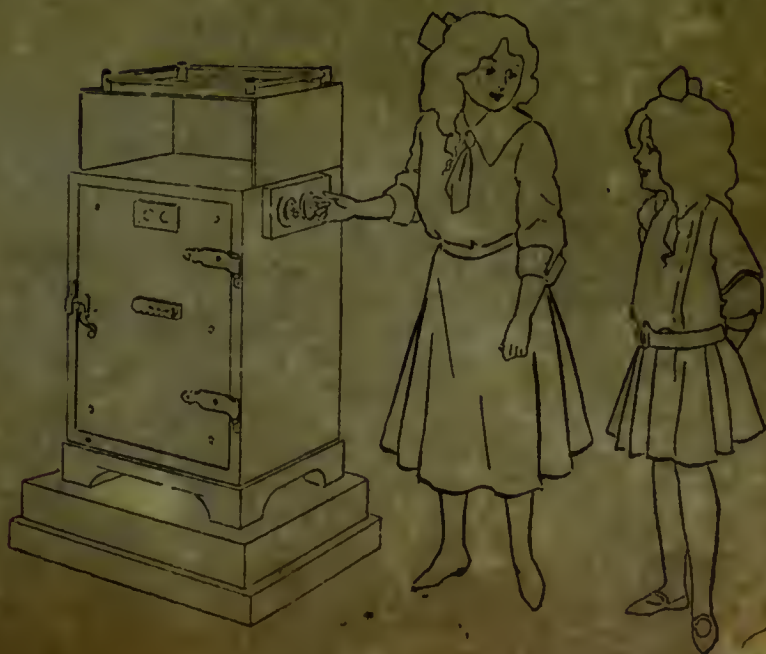


Price

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Recipes

How to Cook by Electricity

By
Amy Cross
and
Alys Waterman

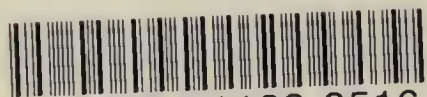


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INDEX.

Reasons for the Popularity of Electric Cooking	...	...	...	...	...	...	...	...	7
Two Methods of using Electric Ovens	...	...	...	...	...	...	...	...	8
Thermometer Cooking	...	...	...	...	...	...	...	...	9
Cooking without Thermometers	...	...	...	...	...	...	...	...	12
How to obtain an Electric Stove	...	...	...	...	...	...	...	...	12
Switches	...	...	...	...	...	...	...	...	13
Boiling	...	...	...	...	...	...	...	...	13, 14
Grilling	...	...	...	...	...	...	...	...	15
Baking	...	...	...	...	...	...	...	...	15, 16
Hints for using an Electric Oven without a Thermometer	...	...	...	...	...	...	...	...	17, 18
How to clean an Electric Stove	...	...	...	...	...	...	...	...	19
Notes on the Cooking of Meat in Electric Ovens	...	...	...	...	...	...	...	...	20, 21

RECIPES.

Meat.

1. Roast Beef.
2. „ Mutton.
3. „ Lamb.
4. „ Veal.
5. „ Pork.
6. Steak in Casserole.
7. Stuffed Calf's Heart.
8. Toad-in-the-Hole.
9. Veal and Ham Pie.

Poultry and Game.

10. Casserole of Chicken.
11. Grouse.

Poultry and Game—*contd.*

12. Roast Chicken.
13. „ Duck or Goose.
14. „ Pigeon.

Fish.

15. Baked Cod Cutlets.
16. „ Haddock.
17. „ Salmon Cutlets.
18. Fish Cake.
19. Scalloped Fish.
20. Sole au Gratin.
21. „ à la Portugaise.
22. „ à la Maitre d'Hotel.

RECIPES—*continued.*

Savouries and

Hors d'Œuvres.

- 23. Anchovy Fingers.
- 24. Baked Eggs.
- 25. „ Tomato Savoury.
- 26. Cheese Biscuits
- 27. „ Potatoes.
- 28. „ Soufflés.
- 29. „ Straws
- 30. Stuffed Tomatoes.
- 31. Tomato Eggs.
- 32. Vegetable Hot Pot.

Pastry.

- 33. Choux Pastry.
- 34. Plain Short Crust.
- 35. Puff Pastry.
- 36. Rough Puff Pastry.
- 37. Superior Short Crust.

Sweets.

- 38. Apple Meringues.
- 39. Baked Custard.
- 40. „ Jam Roll.
- 41. „ Vanilla Soufflé.
- 42. Castle Puddings.
- 43. Chocolate Pudding.
- 44. „ Sandwich.
- 45. „ Soufflé.

Sweets—*continued.*

- 46. Fruit Tart.
- 47. Invalid Pudding.
- 48. Macaroon Tartlets.
- 49. Meringues.
- 50. Orange Pudding.
- 51. Omelet Soufflé.
- 52. Plum Cake Pudding.
- 53. Rice Pudding.
- 54. Strawberry Pudding.
- 55. Swiss Roll.
- 56. Victoria Sandwich.

Bread and Scones.

- 57. White or Standard Bread.
- 58. Quickly made Bread.
- 59. Wholemeal Bread.
- 60. Fancy Bread.
- 61. Afternoon Tea Bread.
- 62. Currant Scones.
- 63. Paisley Rolls.
- 64. Plain Scones.
- 65. Potatoe Tea Cakes.

Large Cakes.

- 66. Almond Cake.
- 67. Chocolate Cake.
- 68. Date and Walnut Cake
- 69. Dough Cake.

RECIPES—*continued.*

Large Cakes—*continued.*

- 70. Gingerbread Cake.
- 71. Ground Carraway Seed Cake.
- 72. Llandudno Cake.
- 73. Madeira Cake.
- 74. Orange Cake.
- 75. A very Plain Plum Cake.
- 76. Pompadour Cake.
- 77. Raisin Cake.
- 78. Spice Cake.
- 79. Sponge Cake.
- 80. Westminster Cake.

Small Cakes.

- 81. Brazil Cakes.
- 82. Cocoanut Rock Cakes.
- 83. Dolly Cakes.
- 84. Little Almond Cakes.
- 85. „ Genoa Cakes.
- 86. „ Rice Cakes.

Small Cakes—*continued.*

- 87. Minnie's Cakes.
- 88. Orange Rock Cakes.
- 89. Queen Cakes.
- 90. Raspberry Buns.
- 91. Rock Cakes.
- 92. Small Chocolate Cakes.
- 93. Small Sponge Cakes.

Biscuits.

- 94. Cinnamon Biscuits.
- 95. Currant „
- 96. Gingerbread „
- 97. Macaroon „
- 98. Oatmeal „
- 99. Perivale „
- 100. Shortbread „

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Why is it that Cooking by Electricity
is becoming so popular?

BECAUSE

1. It is easy.
2. It is clean.
3. It is safe.
4. It is hygienic.
5. It is up-to-date.
6. It is scientific.
7. It ensures perfect results both in the appearance and flavour of the food cooked.
8. Meat cooked in an electric oven loses much less weight than when cooked in any other way, and this means a large decrease in the butcher's bill.



TWO METHODS.

There are two ways of cooking with an electric oven; with a thermometer and without. Either method can be adopted, but greater economy and more certain results are obtained if the thermometer be used. Both methods are dealt with in this book.

On THERMOMETER COOKING

in ELECTRIC OVENS.

*Please read this carefully
before using the Recipes.*

NO one who examines the bread, cakes, etc., displayed in any confectioners' window can fail to be struck with the uniformity of the baking, to notice how exactly one loaf resembles every other loaf, one cake every other cake, and how all are baked to exactly the ideal shade of brownness—no more and no less. How is it done? What is the secret by which the confectioner attains this marvellous exactness, so impossible to the ordinary cook? Why is he so sure of his results?

Well, the confectioner's secret is this: He does his cooking in a scientific manner, whereas the domestic cook does hers by rule of thumb. The confectioner knows exactly the temperature of the oven into which he puts his cakes, etc., and exactly the temperature at which to continue and finish cooking them. In other words—the confectioner uses a thermometer. He does not try to guess the heat of the oven by putting his hand in, nor does he open the door after the cakes, etc., are in the oven to see how they are getting on, because he knows both these things by simply looking at his oven thermometer.

Now compare this method with that of the ordinary domestic cook. All her baking has to be done by guesswork. She must guess the heat of the oven by its effect upon her hand before putting in the food and she must continue to guess the whole time the baking is taking place: also she must open the door constantly to assure herself that the food is neither getting burnt nor being cooked too slowly. There is no science in her methods, and it is impossible for her to be sure of her results.

It will, no doubt, strike one as strange that if the use of a thermometer makes all the difference between scientific and unscientific cookery it should not have been applied to domestic ovens long before this, but it is not so strange as it seems for this reason:—To obtain correct thermometer readings it is necessary to have an airtight oven. Bakers' ovens are unventilated and therefore the baker can rely upon his thermometer. But bakers' ovens are not practicable for ordinary domestic use, and although several attempts have been made to apply thermometer cooking to kitcheners and gas ovens of the usual types, the results have not been successful, because with a constant current of outside air entering these ovens it is impossible for the thermometer to register the correct temperature.

But, with the advent of electric ovens, it is now possible for domestic cookery to be done on scientific lines, for these ovens need not be ventilated and are made practically air-tight.

Given, therefore, an electric oven fitted with a thermometer, exact directions for cooking can be appended to every recipe—"put it in the oven at such a temperature, keep it at such a temperature for so long, finish at such a temperature." When cookery books are written in this manner they will be of real use, and if the cook faithfully follows the instructions given she will be certain of successful results.

But there is at present one obstacle which prevents the production of quite such simple recipe books, and it is this:—so far there is no standard electric oven. Electric cooking is still in its infancy and many and varied are the different types of electric ovens on the market. Some have the electric wires arranged at the top and bottom, some at the sides and some have bottom heat carried through the oven by means of flues. Then again some ovens are much more heavily packed than others, and therefore retain the heat longer; and there are other differences all of which need their own particular treatment. The ideal way as things are at present would be for each manufacturer to issue a cookery book with his own particular oven. The next best thing is for each cook to find the temperatures best suited to the oven she uses, and having done this, to make a note of them for future use.

The object of this little book is to help her to do this. The writers do not claim that the temperatures given are absolutely the best for every type of electric oven. They are the result of a large number of experiments made with most of the best ovens on the market, and will be found useful as a starting point for the cook until her particular make of oven is understood.

At the bottom of each recipe a space is left for the cook to write in the temperatures best suited to the oven she uses and the suggestion is that she should proceed in this manner:— Start by using the temperatures given in the book, they will not be far wrong, but if it is noticed that either a little more or a little less heat would be an improvement a pencil note should be made in the space provided. Another experiment or two will determine exactly the perfect temperature, which should then be jotted down in ink. The result will be a certain success every time that particular dish is cooked, a result well worth the small amount of initial trouble involved.

The temperatures given in this book are taken with a Fahrenheit thermometer registering outside the oven, fixed in the door as near the centre as possible, and with the stem of the thermometer projecting at least two inches inside the oven. A thermometer placed inside the oven would give much higher readings, but this would not be a practical way of using it because it could only be read when the door of the oven was opened, and every time this is done heat is wasted.

All the recipes set forth in these pages are for oven work. Hints are given as to the management of grills and boiling plates, but the recipes for boiled, grilled and fried dishes in any cookery book may be used for an electric stove in exactly the same manner as for any other. It is only when we come to thermometer cooking that the demand for a new cookery book makes itself felt, and it is hoped that this little work will contribute in some measure towards supplying that want.

ON COOKING IN ELECTRIC OVENS WITHOUT THERMOMETERS.

As stated in the preceding article, oven cookery without a thermometer must always be more or less a matter of guesswork, but in the case of electric ovens this guessing is made much easier by the fact that the electric current never varies.

At the beginning of the day when the oven is switched on from cold a thermometer is unnecessary because the same results may always be obtained by using the same switches for the same amount of time. It is when the oven is hot to start with that a thermometer becomes useful.

On page 17 of this book hints are given on the management of electric ovens without thermometers, for the guidance of cooks who prefer this method.

HOW TO OBTAIN AN ELECTRIC STOVE.

During the last few years many excellent types of cooking stoves have been put upon the market by different electrical firms, the only difficulty being to choose between them when all are so good.

In most districts electric stoves may be bought or hired from the local Supply Company, and specimens of different kinds seen in their showroom or demonstration kitchen.

Electric Stoves can also be obtained directly from the manufacturers who will send pictures and details of their particular types, and give advice as to the best size for individual requirements. In many cases arrangements can be made for prospective purchasers to see the stoves in actual working.

SWITCHES.

Heat is turned on to the stove by means of switches placed either on the stove itself or on a separate switch board attached to the wall.

A main switch is always provided, and the first thing to do before commencing to cook is to see that this is on. The other switches should then be turned on as required.

The main switch should always be turned off when the stove is not in use, and when it is being cleaned.

NOTES ON BOILING.

This is done on boiling discs, which are usually spoken of as hot plates and correspond to the boiling rings on a gas stove. Three or four of these are generally let in to the top of a stove and each hot plate has, as a rule, two or three heats, which are regulated by means of switches.

The usual and most durable type of hot plate consists of a flat piece of metal, generally iron, under which the electric wires or strips are packed. The kind of saucepans and kettles used on these hot plates is of great importance in ensuring quick and economical boiling. They should be quite flat at the bottom to have perfect contact with the hot plates. If any air gets between the saucepan and the hot plate it will prevent fast boiling. The best saucepans and kettles to use for these hot plates are the following :—

- | | |
|--------------------|------------|
| 1. Aluminium. | 4. Nickel. |
| 2. Seamless Steel. | 5. Iron. |
| 3. Copper. | |

The first four of these, being bright, do not radiate the heat as black saucepans do, and as there is no soot or smoke about an electric stove it is no trouble to keep them bright.

Iron saucepans have the advantage of standing very firmly on the hot plates, also of not warping with use. Special iron saucepans and kettles with the bottoms ground perfectly flat for use on electric stoves can now be obtained, and are exceedingly efficient. Some of these are covered, both outside and in, with tin or nickel.

Any saucepan that is flat at the bottom may be used, but those mentioned above give the quickest results.

It is better not to buy very thin saucepans as these soon cockle and then the contact is bad.

A new type of boiling ring has lately been put on the market in which the electric wires are covered with perforated, instead of solid, metal. In using these the cook must be very careful not to allow much boiling over of soups, syrups, etc., as anything of a clogging nature is liable to damage the wires. Any kind of saucepan, flat or otherwise, may be used on these hot plates, as the cooking in this case is done by radiant heat and not by contact.

Saucepans used for electric cooking should never be put on a coal fire, as soot is a non-conductor of heat.

Boiling rings should be switched on to full heat until the contents of the saucepan boil. The lowest heat with which the liquid can be kept boiling or simmering should then be used. Switches should always be turned off when the hot plates are not in use.

Care should be taken in choosing an electric stove to see that the hot plates are perfectly level with the top of the stove, so that the contents of two or three saucepans may be kept cooking on one hot plate at the same time.

Steamers should be used as much as possible so that the hot plates may do double work.

GRILLING.

Electric grills are so excellent that where they are available the use of the shallow frying pan is almost unknown except for egg mixtures, such as omelettes, buttered eggs and pancakes. Anything solid enough to put on the bars of the gridiron should always be cooked in this way, rather than by shallow frying, as it is not only a more savoury but also a far more digestible method of cooking. Many grills are ready for use immediately after switching on, others take a few minutes to heat.

It is important to remember that the wires of the grill should never be touched with any metal, such as a knife, fork, or metal spoon, as this would seriously damage the grill. It is a good plan to get into the habit of drawing the gridiron and greasepan from beneath the grill before turning the food.

Some stoves are arranged in such a manner that the top of the grill may be used as a hot plate for slow boiling (simmering), but this should never be done when the grill itself is not in use unless all the other hot plates are being used to their fullest extent, as most of the heat, being thrown downwards, would be wasted.

BAKING.

The greatest economy of electric cooking is to be found in the work of the ovens. There are two reasons why an electric oven is cheaper to use than one heated by coal or gas, viz. :—

- I. Electric ovens, being almost airtight, and most of them having their walls and doors heavily packed with non-conducting substance, retain their heat for a very long time even after the current has been switched off. With packed ovens it is hardly ever necessary to use full heat after the required temperature is obtained, and nearly half the cooking can be done with the entire current switched off. It will therefore be readily understood that to obtain the full efficiency of these ovens the doors should be opened as seldom as possible.

A valuable feature in some electric ovens is a window let into the door, while the inside of the oven is lighted by a small lamp. It is then possible to see exactly how the cooking is progressing without opening the door.

II. The second reason for the economy of electric baking is that meat cooked in an electric oven loses very much less weight than if cooked in any other way; this is partly because the heat is absolutely even, partly because the thermometer readings may be relied upon, but chiefly because there is so little air in circulation in the oven that very little evaporation takes place. As most people know, not only water but very valuable volatile essences are lost by evaporation during the cooking of meat.

It is a good plan before turning on the switches to see that the oven shelves are in the position in which they will be required for cooking. The oven should then be switched on full until the required temperature is reached. The food should be put in as quickly as possible, and the door shut at once. The current should now be switched to "medium" or "low" heat, or taken off altogether, according to the different kinds of food to be cooked.

The very best baking results are obtained by only cooking one kind of food at a time, but this is, of course, not always possible. It is, however, worth the trouble to exercise a little forethought and arrange to use the oven for meat only at one time, and for pastry and cakes at another. For instance, if a joint and pastry are required for the same meal it is a good plan to cook the pastry first, and when the meat is served to re-warm the pastry in the reserve heat of the oven. On the other hand, if a joint and a stew are wanted on the same day, it would be economical to cook the stew in a casserole in the oven with the meat instead of on the hot plate. Yorkshire pudding and potatoes could also be baked at the same time as the joint with excellent results.

It must not be imagined from the foregoing remarks that it is not possible to cook several different kinds of food in the same oven at once. The suggestion is intended rather as a counsel of perfection which the cook should follow *when she can*.

The reserve heat of the oven may be used after the cooking is finished to heat a large jug or pail of water for washing up.

HINTS FOR USING AN ELECTRIC OVEN WITHOUT A THERMOMETER.

1. First see that the main switch is on.
2. Arrange the oven shelves as they will be required for cooking, also see that the tins to be used are the right size.
3. Switch full heat on.
4. Leave the full heat on from 15 to 30 minutes before putting in any food.

N.B.—The different types of ovens vary a good deal as to the time they take to heat. Directions for this will always be given by the manufacturers or by the Supply Companies from whom the stoves are obtained.

5. Put the food into the oven as quickly as possible and immediately close the door, then switch off some of the current. Full heat is hardly ever required during the actual cooking, half, one-third or one quarter, according to the kind of food to be cooked, being all that is usually necessary.
6. Finish cooking with "no current." The heat retained in the oven after the current is switched off can be utilised as follows :—

For Meat, Bread and large Cakes.—Use no current for the last 20 minutes.

For small Cakes and Pastries.—Use no current for the last five minutes.

For Meat Pies.—Use no current for the last 30 minutes.

For Fruit Pies.—Use no current to finish cooking the fruit after the crust is done.

N.B.—With some very heavily packed ovens the current may be switched off even sooner than in the table given above. On the other hand there are some small electric ovens, taking very little current, which will need to be kept on rather longer. A few experiments with any oven will very soon determine this point.

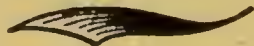
7. Open the oven door as seldom as possible. For meat poultry and game no basting is required, there being very little air in circulation in these ovens to cause evaporation and so dry up the meat.
8. When it is found necessary to open the oven door, switch on full heat for a minute or two directly afterwards to allow the oven to regain the heat lost.
9. Although the recipes in this book are primarily intended for thermometer cooking they may be used without a thermometer in the following way :—

For temperatures under 250° read - - **A cool oven.**

For temperatures between 250° and 300° - **A moderate oven.**

For temperatures between 300° and 340° - **A hot oven.**

For temperatures above 340° - - - **A very hot oven.**



HOW TO CLEAN AN ELECTRIC STOVE.

First turn off the Main Switch.

The Top of the Stove should be wiped free from grease, etc., with a cloth wrung out in hot water with soda or Monkey Brand soap. It may then be polished with emery paper if made of bright metal. If, on the other hand, it is painted black a very little olive oil should be rubbed in occasionally.

The Hot Plates.—Anything which has been spilt on the hot plates should be scraped off with the back of an old knife. Hot Plates which are insulated (that is those which have an air space between them and the top of the stove) should never be polished but should be kept black to encourage radiation.

On the other hand, when the whole of the top of the stove, including the hot plates, is covered with one piece of bright metal this should be polished all over with emery paper or knife polish.

The Grill.—No attempt should be made to clean the wires of the grill. Any fat which may have splashed on them will at once be burnt off. The sides may be wiped with a damp cloth, and this is better done while the grill is hot, immediately after it has been switched off.

The Oven.—The oven should simply be wiped out with a cloth wrung out in hot water with soda or Monkey Brand soap. If joints are cooked according to the directions given in this book, there will be practically no spluttering of fat in the oven.

Special Note.—In cleaning an electric stove, the principal thing to guard against is using much water. Nothing more than a damp hot cloth is required for any part of the stove. If much water were to be used there would be a danger that some of it might reach the electric wires which would be damaged by it.

NOTES ON THE COOKING OF MEAT IN ELECTRIC OVENS.

Weigh the joint and allow :—

- For **BEEF**, 20 mins. for every lb., and 20 mins. over.
- „ **MUTTON**, 23 mins. for every lb., and 23 mins. over.
- „ **VEAL** or **LAMB**, 25 mins. for every lb. and 25 mins. over.
- „ **PORK**, 30 mins. for every lb., and 30 mins. over.

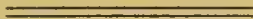
This rule applies to joints of 5 lbs. and over, smaller joints require a proportionately longer time. The best way to judge of the time required for these small joints is to take the thickness into consideration. For instance, half a leg of mutton, if it is the thick end, will take almost as long as a whole leg weighing nearly twice as much.

Meat should be cooked quickly for the first few minutes so that the great heat may harden the outside and keep in the gravy. Afterwards it should be cooked quite slowly to make the inside of the joint tender.

Turn on all the oven switches until the required heat is obtained. Put in the joint as quickly as possible. The opening of the oven door and the introduction of the cold joint will cause the temperature to fall somewhat, so the full heat should be left on till this is regained. Now take off all current till the thermometer registers the temperature at which the meat is to be cooked, and then put on the lowest current available. This will often suffice to keep the oven at the required temperature, but sometimes a little more will be necessary, while with many ovens "no current" will be wanted for quite half the time. Meat cooked in electric ovens remains quite moist and full of gravy without basting. It is therefore not necessary to open the oven door from the time the joint is put in until it is done.

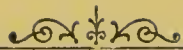
If the top of the joint is wanted very brown there are two ways in which this result may be obtained. One is to put on all the current at the last and allow the temperature to run up to 350° or 400°, but this is an extravagant method, both because of the extra current used and because the meat loses a good deal of weight by this process. Another and much better way is to pass an electric salamander over the joint, or to put it for a few minutes under the grill after it is taken out of the oven.

Foreign meat should be hung for some hours in a warm place before being cooked, and will require rather longer cooking and slightly higher temperatures than English meat.



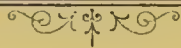
Note.—It is quite possible to cook meat in an electric oven as quickly as in any other oven. By using higher temperatures only 15 minutes to the pound and 15 minutes over need be allowed. The slower method given above is, however, strongly recommended for the following reasons :—

1. Many of the valuable juices of the meat are retained which would otherwise be lost.
2. The joint when cooked is more digestible and more nutritious.
3. The oven does not become splashed with fat.



RECIPES.

All the Recipes contained in this
book have been personally tested
—— in Electric Ovens. ——



MEAT.

(1) ROAST BEEF.

Put the joint into the oven when the thermometer registers 310 degrees. Directly the oven has regained this temperature take off all current until the thermometer has dropped to 210 degrees, then put on a low heat. Keep it between 210 degrees and 250 degrees till done, allowing 20 minutes for every pound, and 20 minutes over. Do not open the oven door till the joint is done. No basting is required.

The best temperatures to use for cooking beef in my oven are :—

.....



(2) ROAST MUTTON.

Put the joint in the oven when the thermometer registers 310 degrees. Directly the oven has regained this temperature take off all current until the temperature has fallen to 230 degrees, then put on a low heat. Keep the temperature between 230 degrees and 270 degrees till the joint is done, allowing 23 minutes to every pound and 23 minutes over. Do not open the oven door while the joint is cooking. No basting is required.

The best temperatures to use for cooking mutton in my oven are :—

.....

(3) ROAST LAMB.

The same as mutton, but allow 25 minutes to every pound and 25 minutes over.

The best temperatures to use for cooking lamb in my oven are :—

.....



(4) ROAST VEAL.

Put the joint in the oven when the thermometer registers 310 degrees. Directly the oven has regained this temperature take off all current until the thermometer registers 240 degrees, then put on a low heat. Keep the temperature between 240 degrees and 280 degrees till the joint is done, allowing 25 minutes to every pound and 25 minutes over. Do not open the oven door while the joint is cooking. No basting is required.

The best temperatures to use for cooking veal in my oven are :—

.....



(5) ROAST PORK.

The same as veal but allow 30 minutes for every pound and 30 minutes over.

The best temperatures to use for cooking pork in my oven are :—

.....

(6) STEAK IN CASSEROLE.

1-lb. Beef Steak	1-oz. Dripping
2 Carrots	1-pt. Stock
1 Turnip	1 Tablespoonful Flour
2 Onions	Salt and Pepper to taste
4-ozs. Mushrooms	

Method.—Cut the meat into neat pieces, cut the carrots, turnip and onions into dice and peel the mushrooms. Melt the dripping in a stewpan and fry the meat quickly on both sides. Take out the meat, stir in the flour, keep stirring until it is brown, then add the stock and stir until it boils. Season and skim. Pour the boiling gravy over the meat in the casserole and add the prepared vegetables.

Put in the oven when the thermometer registers 250 degrees, keep the temperature between 200 and 250 degrees for about $2\frac{1}{2}$ hours, and finish without current.

The best temperature to use for cooking this casserole in my oven is :—

.....

(7) STUFFED CALF'S HEART.

A Calf's Heart	1 Egg
2-ozs. Dripping	Salt
3 Tablespoonfuls Breadcrumbs	Pepper
2 " chopped Suet	
1 " " Parsley	
1 Teaspoonful Mixed Herbs	

Method.—Cut off the "deaf ears," soak the heart well in salt water and dry it in a cloth. Make the seasoning by mixing the bread crumbs, suet, parsley, herbs, salt and pepper, and bind all these ingredients together with the beaten egg. Insert this stuffing into the heart, place it on a baking tin, and spread the dripping over the top.

Put it in the oven when the thermometer registers 310 degrees, raise again to 310 degrees, then take off all current till the thermometer has dropped to 250 degrees, keep it about this temperature for $1\frac{1}{2}$ hours. Serve with brown gravy.

The best temperatures to use for cooking this dish in my oven are :—

.....

(8) TOAD-IN-THE-HOLE.

$\frac{1}{4}$ -lb. Flour
 $\frac{1}{2}$ -pt. Milk
1 Egg

$\frac{3}{4}$ -lb. Meat
Salt and Pepper

Method. Pass the flour and a little salt through a sieve, make a well in the centre and break the egg into this, stir it in smoothly, gradually adding half the milk. Beat it well, add the rest of the milk and let the batter stand for an hour or more. Cut the meat into neat pieces, season with salt and pepper, place it in a greased pie dish and pour the batter over.

Put it in the oven when the thermometer registers 320 degrees, reduce to 250 degrees, and keep between 250 degrees and 300 degrees for $1\frac{1}{4}$ hours.

Either chops, steak, or sausage make a nice Toad-in-the-Hole. Cooked or uncooked meat may be used.

The best temperatures to use for cooking this dish in my oven are :—

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(9) VEAL AND HAM PIE.

1-lb. Fillet of Veal
 $\frac{1}{4}$ -lb. Cooked Ham
2 Hard-boiled Eggs
 $\frac{1}{2}$ -Teaspoonful Mixed Dried
Herbs
1 do. Chopped Parsley

A little grated Lemon Rind
Pepper and Salt
A little Stock or Water
Rough Puff Pastry
(see page 40)

Method. Cut the veal and ham into slices. Put a layer of each in the bottom of a pie dish, then a layer of slices of hard boiled egg. Sprinkle over some of the parsley, herbs, lemon rind, pepper and salt; continue in this manner till the dish is full. Pour over a little stock or water, cover with pastry, decorate and brush over with a beaten egg.

Put the pie in the oven when the thermometer registers 350 degrees and keep it at this temperature for 15 minutes, then reduce to 300 degrees. After half-an-hour take off all current and finish cooking the meat in the "residual" heat of the oven.

The best temperatures to use for cooking this pie in my oven are :—

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POULTRY and GAME.

(10) CASSEROLE OF CHICKEN.

1 Chicken	A few Green Peas
$\frac{1}{4}$ -lb. Streaky Bacon	(if in season)
2-ozs. Butter	1 $\frac{1}{2}$ -pts. Stock or Water
2 medium sized Carrots	Salt and Pepper
1 medium sized Onion	2-ozs. Flour
$\frac{1}{4}$ -lb. coarsely chopped Mushrooms	

Method. Divide the chicken into neat joints and flour them well. Make the butter hot in a frying pan and fry the chicken and bacon over a hot plate. When nicely brown turn into a casserole. Stir the flour into the fat in the frying pan, brown it, add the stock, boil up and pour over the chicken and bacon. Cut the carrot into small dice, and slice the onions: add all the vegetables to the casserole and cover closely.

Put it in the oven when the thermometer registers 250 degrees, and keep between 200 degrees and 250 degrees for about 2 hours.

NOTE.—Quite an old fowl may be made tender by being cooked in this manner, allowing 3 to 4 hours according to age and adding a few drops of vinegar to the gravy.

The best temperatures to use for cooking this dish in my oven are:—

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(11) GROUSE.

Place the grouse on a trivet in a baking tin with a thin piece of fat bacon over the breast and a small piece of butter inside each bird.

Put them in the oven when the thermometer registers 310 degrees and cook them at 300 degrees for 30 minutes, then allow 10 to 15 minutes without current according to the size of the grouse.

Dish them on toast and garnish with watercress. Serve gravy, fried breadcrumbs and bread sauce with them.

The best temperatures to use for cooking grouse in my oven are:—

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(12) ROAST CHICKEN.

Procure a chicken plucked and trussed for roasting. Cover the breast with thin slices of fat bacon. Place on a trivet in a baking tin and put in the oven when the thermometer registers 310 degrees. Leave the current full on until the heat lost by opening the door and putting in the chicken is regained (about 5 minutes). Then reduce to 250 degrees. Keep between 250 and 300 degrees for the first hour and finish cooking without current.

Chicken take from $1\frac{1}{4}$ to $1\frac{1}{2}$ hrs. to cook according to size.

Serve with gravy and rolls of bacon and with bread sauce or watercress.

The best temperatures to use for cooking chicken in my oven are :—

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NOTE.—Another good way to cook a chicken in an electric oven is to put the chicken in when the oven is cold, use the full current till the thermometer registers 310 degrees, then take off all current till the thermometer has dropped to 250 degrees. Now put on enough current to keep the temperature between 250 degrees and 300 degrees. A quarter of an hour before the chicken is done take off all current. Allow altogether from $1\frac{1}{2}$ to 2 hours according to the size and age of the chicken.

This method of cooking—namely putting the food into a cold oven to start with may, if preferred, be used for any kind of poultry or game as these have no cut surface from which the juices can escape.

On the other hand, any meat which has a cut surface must be put into a hot oven at first, so that the great heat may act on the outside of the meat in such a manner as to form a hard surface and prevent the escape of the juices.

(13) ROAST DUCK OR GOOSE.

Procure a duck or goose plucked and trussed for roasting. Fill the body with sage and onion stuffing.

STUFFING :—

2-lbs. Onions	Salt and Pepper
$\frac{1}{2}$ -pt. Breadcrumbs	2-ozs. Butter
1 Tablespoonful chopped Sage	

Method. Parboil the onions, cut them into small pieces and cook for 15 minutes in the butter, without browning. Mix with the breadcrumbs, sage and seasoning. After stuffing the bird place it on a trivet in a baking tin, covering the breast with thin slices of fat bacon.

Put it in the oven when the thermometer registers 310 degrees. Leave the current full on till the oven regains this temperature, then reduce to 250 degrees. Keep it between 250 and 300 degrees for one hour, finishing without current. Allow from $1\frac{1}{4}$ to 2 hours according to size. Serve with apple sauce and gravy.

The best temperatures to use for cooking a duck or goose in my oven are :—

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(14) ROAST PIGEONS.

Procure pigeons plucked and trussed for roasting. Put a thin slice of fat bacon over the breast of each, place them on a trivet in a baking tin and put them in the oven when the thermometer registers 310 degrees. Cook them at about 300 degrees for 30 minutes and finish without current. They will take from 35 to 45 minutes according to size. Dish them on fried bread, and garnish with water-cress and rolls of bacon. Serve gravy or tomato sauce with them.

The best temperatures to use for cooking pigeons in my oven are :—

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FISH.

(15) BAKED COD CUTLETS.

2 Slices of Cod (about 1 inch thick)	$\frac{1}{2}$ -Teaspoonful Sweet Herbs
3 Tablespoonfuls Bread-crumbs	Pepper and Salt
1 Teaspoonful chopped Parsley	1 Egg
	About 1 Tablespoonful Milk and Water
	2 Small Rashers of Bacon

Method. Place the cutlets on a greased baking tin. Mix the breadcrumbs, parsley, herbs and seasoning and bind together with the beaten egg. Spread this mixture on the top of the fish and cover with the bacon. Pour the milk and water round.

Put into the oven when the thermometer registers 300 degrees, and keep it about this temperature for 20 minutes. Cook without current for about 10 minutes longer. Serve with anchovy or tomato sauce mixed with the liquor in which the fish was baked.

The best temperature to use for cooking this dish in my oven is :—

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(16) BAKED HADDOCK.

1 Fresh Haddock	Salt and Pepper
2-ozs. White Breadcrumbs	1 Egg
1 Tablespoonful chopped Parsley	2-ozs. Butter or Dripping
1 Teaspoonful mixed Herbs	Browned Breadcrumbs

Method. Make a stuffing with the white breadcrumbs, parsley, herbs, pepper, salt and enough of the egg to bind them together. Wash and dry the fish and sew in the stuffing. Truss the fish into a nice shape, brush it over with the rest of the egg and cover with browned breadcrumbs. Melt the butter or dripping in a baking tin, put the fish in and cover with a piece of greased paper.

Put it in the oven when the thermometer registers 320 degrees, keep it about this temperature for 20 to 25 minutes according to size. Finish cooking without current—about 10 minutes longer. Serve with either tomato sauce or brown gravy poured round.

The best temperature to use for cooking this fish in my oven is :—

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(17) BAKED SALMON CUTLETS.

2 Salmon Cutlets	1 Teaspoonful chopped
1 Shallot (finely chopped)	Parsley
Pepper and Salt	Tomato Sauce

Method. Place the cutlets on a greased baking tin, sprinkle over them the chopped shallot and parsley, put some small pieces of butter over the top and wrap in a greased paper.

Put them in the oven when the thermometer registers 300 degrees and keep them about this temperature for 20 minutes. Finish cooking without current. They will take from 25 to 30 minutes according to the thickness of the cutlets. Serve with tomato sauce mixed with the liquor extracted from the fish during baking.

The best temperature to use for cooking this dish in my oven is :—

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(18) FISH CAKE.

$\frac{1}{2}$ -lb. Cooked Fish	Pepper and Salt
1-oz. Breadcrumbs	1 Egg
2-ozs. Suet	1 Gill Milk
1 Teaspoonful chopped Parsley	

Method. Remove all skin and bone from the fish, break it up into small flakes. Add the suet (finely chopped), breadcrumbs, parsley, pepper and salt. Beat the egg with the milk and add them to the mixture.

Butter a soufflé tin, coat it with browned crumbs, turn the fish cake into this, place a greased paper over the top, and put it in the oven when the thermometer registers 300 degrees. Keep it at this temperature for 1 hour. Then turn it on to a hot dish and serve with anchovy or tomato sauce poured round.

The best temperature to use for cooking this dish in my oven is :—

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(19) SCALLOPED FISH.

$\frac{1}{4}$ -lb. Cooked Fish	A little Anchovy or Worcester
$\frac{1}{4}$ -lb. „ Potatoes	Sauce
$\frac{1}{4}$ -pt. White Sauce	Browned Breadcrumbs
A few drops Lemon Juice	A little Butter
	Salt and Pepper

Method. Flake the fish, removing all bones and skin. Mash the potatoes. Mix together fish, potatoes, white sauce, anchovy or Worcester sauce, salt and pepper. Turn the mixture into china scallop shells, sprinkle browned breadcrumbs over each and place a few small pieces of butter on the top.

Put them in the oven when the thermometer registers 320 degrees. Cook them at about this temperature for 15 minutes.

The best temperature to use for cooking this dish in my oven is :—

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(20) SOLE AU GRATIN.

1 Medium sized Sole	Browned Breadcrumbs
$\frac{1}{2}$ -pt. Brown Sauce or Thick	A little Lemon Juice
Gravy	Salt and Pepper
$\frac{1}{2}$ -Teaspoonful chopped	$\frac{1}{4}$ -pt. White Wine or Fish
Parsley	Liquor

Method. Skin and trim the sole, cutting off the head and fins. Make several incisions with a knife across the thick side of the fish and put it on a buttered gratin dish. Season with pepper and salt, and pour over the white wine or fish stock (the latter is made by boiling the head and fins of the fish in half-a-pint of milk for 10 minutes). Squeeze a little lemon juice over the fish and put a few pieces of butter on the top.

Cover it with a greased paper and put it in the oven when the thermometer registers 300 degrees. Keep it about this temperature for 10 minutes and finish cooking without current. It will take about 15 minutes in all. When it is done pour some brown sauce or gravy over, sprinkle with browned breadcrumbs and return to the oven for a few minutes. No current will be required for reheating.

The best temperature to use for cooking this dish in my oven is :—

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(21) SOLE À LA PORTUGAISE.

1 Sole	2 Tomatoes
2-ozs. Butter	1 Spanish Onion
1 Chopped Shallot	$\frac{1}{4}$ -oz. grated Parmesan Cheese
$\frac{1}{2}$ -Teaspoonful chopped Parsley	$\frac{1}{4}$ -oz. Browned Breadcrumbs
$\frac{1}{2}$ -Teaspoonful Anchovy Essence	4 Tablespoonfuls Tomato Sauce.

Method. Skin the sole and make an incision sufficiently large to admit of the stuffing which is made by mixing together the parsley, shallot, anchovy essence and half the butter. Put this stuffing in the sole and place it on a buttered gratin dish. Cut the onion and tomatoes into thin slices and lay over the sole alternately. Sprinkle over this some salt and pepper and the breadcrumbs and cheese. Pour the tomato sauce round.

Put it in the oven when the thermometer registers 300 degrees. Keep it at that temperature for 10 minutes and finish without current. It will take about 15 minutes to cook.

The best temperature to use for cooking this dish in my oven is:—

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(22) SOLE À LA MAÎTRE D'HÔTEL.

1 Large Sole	1 Teaspoonful chopped Parsley
1-oz. Butter	Lemon Juice
1-oz. Flour	Salt and Pepper
$\frac{1}{2}$ -pt. Milk	

Method. Skin and fillet the sole, cut each fillet in half, season them with pepper and salt and fold in two, place them on a buttered baking tin and squeeze over a few drops of lemon juice.

Cover with a buttered paper and put in the oven when the thermometer registers 250 degrees. Keep them about this temperature till done. They will take about 10 minutes. Put them on a hot dish and mask with a sauce made as follows:—melt the butter in a saucepan, stir in the flour and, when the mixture is quite smooth, add the milk and boil for 3 minutes, then add the salt, pepper and chopped parsley and also the juice which has run from the fish during baking.

The best temperature to use for cooking this dish in my oven is:—

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SAVOURIES and HORS d'ŒUVRES.

(23) ANCHOVY FINGERS.

6 Anchovies	6 Fingers buttered Toast
$\frac{1}{2}$ -Teaspoonful chopped Parsley	White Pepper
1 Small chopped Shallot	Paprika
	Lemon Juice

Method. Bone the anchovies and wash them in warm water. Sprinkle the toast fingers with the shallot and parsley, and lay an anchovy on each. Sprinkle with lemon juice, pepper and paprika, place a small piece of butter on each and make hot in the residual heat of the oven when the rest of the cooking is finished.



(24) BAKED EGGS.

4 Eggs	2 Teaspoonfuls Parmesan
1 oz. Butter	Cheese
1 Tablespoonful browned Breadcrumbs	A few drops of Lemon Juice
	Pepper and Salt

Method. Procure four china scollop shells. Spread them with butter. Mix together the bread crumbs and cheese and line the shells with this. Break one egg into each, sprinkle with pepper, salt and lemon juice and cover with the rest of the breadcrumbs and cheese.

Put small pieces of butter on the top of each and bake for 15 minutes at a temperature of 250 degrees.

The best temperature to use for cooking this dish in my oven is :—

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(25) BAKED TOMATO SAVOURY.

1-lb. Tomatoes	$\frac{1}{2}$ -Teaspoonful chopped
2-ozs. Breadcrumbs	Parsley
2-ozs. Butter	Pepper and Salt
3 or 4 Eggs	

Method. Well butter a pie dish, put in a good layer of breadcrumbs, then a layer of skinned and sliced tomatoes, small pieces of butter, pepper and salt. Proceed thus until the dish is three-parts full.

Put it in the oven (with a piece of buttered paper on the top) when the thermometer registers 300 degrees, and keep it at this temperature for 45 minutes.

Remove it from the oven, break enough eggs over the top to cover, and put a piece of buttered paper over. Return it to the oven when the thermometer registers 250 degrees and maintain that temperature for 15 minutes. Sprinkle with a little finely chopped parsley and serve very hot.

This dish may be served as a vegetable if the eggs are omitted.

The best temperatures to use for cooking this dish in my oven are :—

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(26) CHEESE BISCUITS.

2-ozs. Fresh Cheese (grated)	Salt, Pepper and Cayenne
2-ozs. Butter	(to taste)
2-ozs. Flour	

Method. Mix together the flour, cheese and seasoning, and knead in the butter. When the mixture is quite smooth divide into small round cakes and place on a flat baking tin.

Put them in the oven when the thermometer registers 310 degrees. Keep them at this temperature for 10 minutes, and finish cooking without current.

Trim them into shape with a round cutter after cooking.

The best temperature to use for cooking these biscuits in my oven is :—

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(27) CHEESE POTATOES.

2 Large Potatoes	1 Tablespoonful Milk
1-oz. Parmesan Cheese	Pepper and Salt
1-oz. Butter	Brown or Red Crumbs

Method. Bake the potatoes in their jackets. They should be put into the oven when thermometer registers 300 degrees, and kept about this temperature till done. The time that they take will depend upon their age and size. When done cut them in half lengthways. Take out the centres and mash with a fork, mix with the cheese, butter, milk and seasoning. Put the mixture back in the skins, sprinkle with the bread-crumbs and return to the oven till thoroughly hot. If the oven door was shut directly the potatoes were taken out the residual heat will be enough to re-heat them.

The best temperature to use for baking potatoes in my oven is :—

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(28) CHEESE SOUFFLÉS.

$\frac{1}{2}$ -oz. Butter	2-ozs. Parmesan Cheese
1-oz. Flour	(grated)
1 Gill Milk	Small Ramaquin Cases
2 Eggs	

Method. Melt the butter, stir in the flour (previously sieved), add the milk gradually, stir until the mixture leaves the sides of the pan quite readily. Turn it into a basin. When it is slightly cool beat the egg yolks well in, add the cheese and lastly the egg whites whisked to a stiff froth.

Grease the ramaquin cases with oiled butter and half fill them with the mixture.

Put the soufflés in the oven when the thermometer registers 320 degrees, and keep them about this temperature for 15 minutes. Finish cooking them without current. They will take about 20 minutes altogether. Sprinkle a little Parmesan on the top of each and serve at once.

The mixture may also be cooked in one large soufflé tin, in which case put it in the oven at 340 degrees and allow about 25 to 30 minutes.

The best temperature to use for cooking these soufflés in my oven is :—

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(29) CHEESE STRAWS.

1-oz. Grated Parmesan Cheese	1 Teaspoonful Water 1 Egg Yolk
$\frac{1}{2}$ -oz. Grated Gruyere Cheese	1-oz. Flour 1-oz. Butter
Salt and Cayenne	

Methods. Rub the butter into the flour. Add the cheese and flavouring. Mix with the egg yolk and water into a very stiff paste. Roll out and cut into straws and rings.

Arrange on a baking sheet and put them in the oven when the thermometer registers 280 degrees. Keep them about this temperature from 10 to 15 minutes.

In most ovens cheese straws may be cooked without current if put in when the thermometer registers 320 degrees.

The best temperature to use for cooking this dish in my oven is:—

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(30) STUFFED TOMATOES.

6 Tomatoes	1 Teaspoonful Parmesan Cheese
2-ozs. Breadcrumbs	Pepper and Salt
$1\frac{1}{2}$ -ozs. Cooked Ham	A little Milk or beaten Egg
1 Teaspoonful Parsley	Browned Breadcrumbs
A very little Marjoram and Thyme	A very little Nutmeg

Method. Cut a small piece off the top of each tomato and take out some of the inside. Chop the ham and parsley, mix them with the breadcrumbs and herbs, salt, pepper and nutmeg. Add enough beaten egg, or milk, to bind the stuffing together. Put a little into each tomato and sprinkle over each the Parmesan cheese mixed with an equal quantity of browned breadcrumbs. Place them on a greased tin with a little piece of butter on the top of each.

Put them in the oven when the thermometer registers 300 degrees and cook them at this temperature from 15 to 20 minutes.

The best temperature to use for cooking this dish in my oven is:—

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(31) TOMATO EGGS.

3 Tomatoes	Chopped Parsley
2 Eggs	6 Small Rounds of buttered
1-oz. Butter	Toast
Pepper and Salt	

Method. Cut the tomatoes in halves the way a lemon is cut. Take out a little of the middle, stand them on a buttered dish and sprinkle a little salt and pepper over each.

Put them in the oven when the thermometer registers 300 degrees, and cook them at this temperature till tender but not broken—they will take about 10 or 15 minutes. Scramble the eggs with the butter in the usual way and put some of this mixture into each of the cooked tomatoes. Decorate with the chopped parsley and serve very hot on buttered toast.

The best temperature to use for cooking this dish in my oven is :—

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(32) VEGETABLE HOT POT.

1-lb. Potatoes	Pepper and Salt
$\frac{1}{4}$ -lb. Onions	2-ozs. Grated Cheese
$\frac{1}{2}$ -lb. Mushrooms	

Method. Peel the potatoes and onions and cut them into thin slices, peel and chop the mushrooms. Put the vegetables and cheese in alternate layers into a casserole, sprinkle salt and pepper, and place a few pieces of butter over the top. Stew the peel and stalks of the mushrooms in 1 pint of water for half-an-hour, and strain this liquor over. Put the pie into the oven when the thermometer registers 250 degrees, and keep it about this temperature for $1\frac{1}{2}$ hours. Then allow half-an-hour without current.

The best temperature to use for cooking this dish in my oven is :—

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PASTRY.

(33) CHOUX PASTRY.

6-ozs. Butter
10-ozs. Flour

1-pt. Water
8 to 10 Eggs

Method. Boil the butter and water together. Stir in the flour and cook the mixture till it leaves the sides of the saucepan. Remove it from the fire and add the eggs separately, beating each well in. Use enough eggs to make a mixture of the right consistency for forcing. Force it on to baking sheets in the shape of buns or éclairs.

Put them into the oven when the thermometer registers 350 degrees, and keep about this temperature for 15 minutes. Finish without current. They will take about 20 minutes in all.

Fill in the centres with whipped cream sweetened and flavoured with vanilla. Eclairs are usually iced with chocolate or coffee icing.

The best temperature for cooking this pastry in my oven is:—

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(34) PLAIN SHORT PASTRY.

$\frac{1}{2}$ -lb. Flour
2-ozs. Butter
2-ozs. Lard

$\frac{1}{2}$ -Teaspoonful Baking Powder
Cold Water

Method. Pass the flour and baking powder through a sieve into a basin, rub in the lard and butter, and mix to a stiff paste with the cold water.

Cook as in the preceding recipe.

(35) PUFF PASTRY.

$\frac{1}{2}$ -lb. Pastry Flour

Lemon Juice

$\frac{1}{2}$ -lb. Fresh Butter

Cold Water

Method. Rub the flour through a sieve. Press the butter in a floured cloth to remove any moisture. Make a well in the centre of the flour, put in the lemon juice and mix into a firm elastic paste with cold water. Work the paste on the board till it is quite smooth, then roll it out thinly. Place the butter on one half of the paste, fold the other over and press the edges thoroughly together, leave it in a cool place for about 15 minutes, then roll it out to three times its present size, fold exactly in three, turn the open edges towards you and roll again as before. The paste should be rolled, folded, and turned seven times after the butter is added, and should be put in a cool place for 15 minutes after each two turns.

The seventh time the paste must be rolled out to the required thickness, and cut into the required shapes.

Put it in the oven when the thermometer registers 350 degrees, and keep it about this temperature for 15 minutes. Finish cooking without current. It will take from 20 to 30 minutes according to thickness.

The best temperature to use for cooking puff pastry in my oven is:—

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(36) ROUGH PUFF PASTRY.

8-ozs. Flour

Cold Water

6-ozs. Butter

Salt

$\frac{1}{2}$ -Teaspoonful Lemon Juice

Method. Pass the flour through a sieve on to a paste-board. Put the butter in this and cut it into small pieces about the size of a walnut. Make a well in the centre and put in the lemon juice, salt and a little water. Mix lightly, keeping the butter intact and adding enough water to make a moderately stiff paste. Roll this into a long strip, fold in three and turn it so that the folded edge is on the right hand. Repeat this until the pastry has been rolled out four times. It is then ready for use. In hot weather the pastry should be put in a cool place for 15 minutes between each roll.

Directions for cooking this pastry are given under the heading of "Veal and Ham Pie," see page 26.

(37) SUPERIOR SHORT PASTRY.

$\frac{1}{2}$ -lb. Flour

1 Yolk of Egg

6-ozs. Butter

Cold Water

1 Tablespoonful Castor Sugar

Method. Pass the flour and sugar through a sieve into a basin, rub in the butter, beat the egg yolk with a little water and mix with this into a very stiff paste.

If required for small jam tarts, roll out to the thickness of $\frac{1}{4}$ inch, cut into rounds, place in small patty pans with a crust of bread in the centre of each tart to make a place for the jam, which is put in after the tarts are cooked.

Put them in the oven when thermometer registers 340 degrees, keep about this temperature for 10 minutes and allow 5 minutes without current.

The best temperature to use for cooking this pastry in my oven is :—

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SWEETS.

(38) APPLE MERINGUES.

6 Apples	Syrup :—
4 Egg Whites	8-ozs. Loaf Sugar
8-ozs. Castor Sugar	$\frac{1}{2}$ -pt. Water
Cherries and Angelica	Lemon Juice

Method. Well boil the syrup. Peel the apples thinly and core them carefully. Cook them very gently with the syrup in a casserole so as not to break them. When tender put them on a buttered baking tin. Whisk the egg whites very stiffly and stir in the castor sugar. Turn this mixture into a forcing bag and force it round the apple (starting at the base) until all is covered. Dredge over with castor sugar.

Put them in the oven when the thermometer registers 300 degrees. Take off all current and cook them in the residual heat for 10 or 15 minutes. Decorate with cherries and angelica and colour the syrup pale pink and pour round.

The best temperature to use for cooking this dish in my oven is :—

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(39) BAKED CUSTARD.

$\frac{1}{2}$ -pt. Milk	1 Teaspoonful Sugar
2 Eggs	A little grated Nutmeg

Method. Beat the eggs, milk and sugar well together, turn them into a buttered pie dish and grate a little nutmeg over the top.

Put the pudding in the oven when the thermometer registers 220 degrees and keep between 220 and 240 degrees till the pudding is set. It will take about 1 hour.

NOTE.—A custard pudding may be cooked without current if it is put into the oven at 300 degrees and the door is not opened again until it is done. It will then take about 2 hours in most ovens. In this case the pudding should be cooked in a tin of water to prevent it curdling at first.

The best temperature to use for cooking this pudding in my oven is :—

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(40) BAKED JAM ROLL.

8-ozs. Flour
3-ozs. Suet
 $\frac{1}{2}$ -Teaspoonful Baking Powder
A pinch of Salt
Jam

Method. Sieve together the flour, baking powder and salt. Shred the suet and either chop it finely or roll it into thin flakes in the flour. Mix all these ingredients together, adding enough water to make a stiff paste. Roll this out, spread with jam, then wet the edges, roll it up and press the ends together, placing it on a greased baking tin. Put it in the oven when the thermometer registers 340 degrees. Keep it about this temperature for 15 minutes, then reduce the heat to 300 degrees and cook at this temperature for 45 minutes. Finish without current. It will take about $1\frac{1}{4}$ hours altogether.

The best temperatures to use for cooking this pudding in my oven are :—

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(41) BAKED VANILLA SOUFFLÉ.

3 Egg Yolks
4 Egg Whites
1-oz. Butter
1-oz. Flour
1 Gill Milk
1 Dessertspoonful Castor Sugar
1 Teaspoonful Vanilla Essence

Method. Well butter a soufflé tin and tie a band of buttered paper on the outside coming well above the top of the tin.

Melt the butter in a stew pan, stir in the flour, add the milk and stir well until the mixture readily leaves the sides of the pan.

Let it cool slightly, then add the egg yolks, beating each one well in separately. Stir in the sugar and vanilla, also the egg whites beaten to a very stiff froth.

Turn the soufflé into the prepared tin and put it in the oven when the thermometer registers 340 degrees. Keep it at this temperature for 15 minutes and finish cooking without current. It will take about 25 minutes in all. Serve with wine sauce.

The best temperature to use for cooking this soufflé in my oven is :—

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(42) CASTLE PUDDINGS.

1½-ozs. Flour	1 Egg
1½-ozs. Castor Sugar	A level Teaspoonful Baking Powder
1-oz. Butter	A little grated Lemon Rind
A little Milk	

Method. Cream the butter and sugar together, then beat the egg well in. Mix the flour, baking powder and lemon rind and stir them lightly in. Add enough milk to make the mixture the right consistency to drop easily from the spoon.

Half-fill some well greased moulds with this and put them in the oven when the thermometer registers 310 degrees. Keep them about this temperature for 20 minutes, then finish cooking without current. They will take about 25 minutes altogether.

The best temperature to use for cooking these puddings in my oven is:—

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(43) CHOCOLATE PUDDING.

½-pt. Milk	} Boil these ingredients well together and pour into a greased pie-dish.
¼-lb. Grated Chocolate	
2 Tablespoonfuls of Castor Sugar	
Vanilla Essence	
1-pt. Milk	} Make these ingredients into a custard, and pour over the chocolate mixture in the pie-dish.
1 Tablespoonful Cornflour	
2 Tablespoonfuls of Castor Sugar	
2 Yolks of Eggs	
½-oz. Butter	
Vanilla Essence	

Method. Put the pudding in the oven when the thermometer registers 250 degrees and keep it about this temperature for 15 minutes. Take it out of the oven and cover with a meringue made by whisking two or three whites of eggs to a stiff froth and stirring in one tablespoonful of castor sugar. Decorate with cherries and angelica, dredge over with castor sugar and return to the oven for 10 minutes to set the meringue. The temperature should be 300 degrees, and it should be cooked without current.

The best temperatures to use for cooking this pudding in my oven are:—

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(44) CHOCOLATE SANDWICH.

4 Eggs	1 Small Teaspoonful Baking Powder
4-ozs. Castor Sugar	2-ozs. Butter (melted)
2-ozs. Flour	1 Teaspoonful Vanilla Essence
2-ozs. Grated Chocolate	Whipped Cream flavoured with Vanilla Essence

Method. Beat the eggs and sugar until light and thick, sieve the flour, chocolate and baking powder, and mix well together. Stir this lightly into the mixture, also the liquid butter and vanilla essence. Turn it into sandwich tins previously greased and lined with paper.

Put the sandwich in the oven when the thermometer registers 330 degrees, reduce the heat to 300 degrees, and keep about this temperature for 10 minutes, allow about 5 minutes longer without current. When cool put the vanilla cream between the sandwich and dredge over with icing sugar.

The best temperatures to use for cooking this cake in my oven are :—

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(45) CHOCOLATE SOUFFLÉ.

2-ozs. Grated Chocolate	$\frac{1}{2}$ -pt. Milk
3-ozs. Flour	3 Yolks of Eggs
2-ozs. Castor Sugar	4 Whites of Eggs
1-oz. Butter	1 Teaspoonful Vanilla Essence

Method. Place the milk and chocolate in a saucepan and simmer gently till the chocolate is dissolved. Melt the butter in another saucepan, stir in the flour and the chocolate mixture and boil all together till it will leave the sides of the saucepan. Allow the mixture to cool a little, then add the vanilla and sugar and stir in the yolks of eggs, beating each one well in. Whisk the whites stiffly and stir them in lightly at the last. Have ready a well greased soufflé tin with a band of buttered paper tied round the outside coming about three inches higher than the tin.

Turn the mixture into this and put it in the oven when the thermometer registers 340 degrees. Keep it about this temperature for 15 minutes and finish without current. It will take from 25 to 30 minutes to cook.

The best temperature to use for cooking this soufflé in my oven is :—

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(46) FRUIT TART.

$\frac{1}{2}$ -lb. Short Crust (see page 39)	Fruit
2 Teaspoonfuls Castor Sugar	Sugar to taste

Method. Half fill a pie dish with the fruit, add a little water and enough sugar to sweeten, and put the rest of the fruit on the top, heaping it well up. Cover with the pastry. Before cooking the tart raise the edges of the pastry at each end to allow the steam to escape.

Put it in the oven when the thermometer registers 340 degrees, and keep it about this temperature for 15 minutes. Finish without current. When the crust is cooked put a piece of paper over the top and leave the tart in the oven till the fruit is done.

NOTE.—Fruit tarts should always be cooked on a baking tin with deep sides so that any juice that boils out will not be spilt over the oven.

The best temperature to use for cooking fruit tarts in my oven is :—

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(47) INVALID PUDDING.

$\frac{1}{4}$ -pt. Breadcrumbs	1 Teaspoonful Sugar
$\frac{1}{2}$ -pt. Milk	The grated Rind of $\frac{1}{2}$ -Lemon
1 Egg	

Method. Put the milk, breadcrumbs and lemon rind into a saucepan on the hotplate and stir until the mixture boils. Let it cool a little, then stir in the egg yolk. Whip up the white to a stiff froth and fold it lightly in.

Turn the pudding into a buttered pie dish and put it in the oven when the thermometer registers 250 degrees and keep it about this temperature for 45 minutes.

The best temperature to use for cooking this pudding in my oven is :—

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(48) MACAROON TARTLETS.

$\frac{1}{4}$ -lb. Short Pastry (see page 41)	2 Whites of Eggs
2-ozs. Castor Sugar	Apricot Jam
2-ozs. Ground Almonds	A few drops Ratafia
	Essence

Method. Line about eight patty pans with pastry, and put $\frac{1}{2}$ -teaspoonful of jam in each. Whisk the egg whites to a stiff froth, stir the ground almonds, sugar and ratafia essence lightly in. Cover the jam with this mixture, and arrange a cross of twisted pastry on top of each tart.

Put them in the oven when the thermometer registers 325 degrees. Reduce to 300 degrees, and cook them at this temperature for 15 minutes. Finish without current. They will take about 20 minutes in all.

The best temperature to use for cooking these tarts in my oven is :—

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(49) MERINGUES.

$\frac{1}{4}$ -lb. Castor Sugar	2 Whites of Eggs
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Method. Whisk the egg whites to a **very** stiff froth, then stir in lightly the castor sugar. Arrange some strips of thick writing paper on a flat tin and brush them over with salad oil. Force the meringues on to these and dredge over with castor sugar.

Put them in the oven when the thermometer registers 260 degrees, and switch off all current at once. They will take about an hour to cook in the residual heat of the oven. When they are cooked the centres should be pressed in and the cases filled with whipped cream flavoured with vanilla. Two of these should then be joined together.

The best temperature to use for cooking meringues in my oven is :—

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(50) ORANGE PUDDING.

3-ozs. Short Pastry (see page 41)	A few Glacé Cherries
6-ozs. Cakecrumbs	Angelica
$\frac{3}{4}$ -pt. Milk	1-oz. Butter
Rind and Juice of 1 Orange	1-oz. Castor Sugar
3 Eggs	

Method. Boil the milk and butter and pour them on to the cakecrumbs. Add the rind and juice of the orange, stir in the three yolks of eggs and lastly one of the egg whites beaten up stiffly. Pour this mixture into a pie dish lined with pastry and put it in the oven when the thermometer registers 340 degrees. Keep it about this temperature for 15 minutes, then cook it without current for 10 minutes. Whisk the two remaining whites of eggs to a stiff froth, stir in the sugar and spread this over the top of the pudding, sprinkle some castor sugar over, decorate with cherries and angelica and return the pudding to the oven to set the meringue. This will take about 10 minutes without current. The thermometer should register 300 degrees when the pudding is put in for the second time.

The best temperatures to use for cooking this pudding in my oven are :—

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(51) OMELET SOUFFLÉ.

2 Yolks of Eggs	1½-ozs. Castor Sugar
3 Whites of Eggs	$\frac{1}{4}$ -Teaspoonful Vanilla Essence
$\frac{1}{4}$ -oz. Flour	Jam

Method. Beat the yolks and sugar with a wooden spoon for 10 minutes, then stir in the flour and the vanilla, whisk the whites to a stiff froth and stir them in lightly. Well grease an omelet pan and pour the mixture into this.

Put it into the oven when the thermometer registers 330 degrees and keep it about this temperature for 10 minutes. Put some jam on half the soufflé and fold the other half over as an omelet is folded. If the top is not brown enough place the soufflé under the grill for a minute or two.

The best temperature to use for cooking this soufflé in my oven is :—

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(52) PLUM CAKE PUDDING.

$\frac{1}{2}$ -lb. Flour	2 Teaspoonfuls Baking Powder
1-oz. Butter	Grated Lemon Rind
3-ozs. Currants	1 Egg
2-ozs. Sugar	A little Milk

Method. Sieve the flour and baking powder together, rub in the butter, add the other dry ingredients, then the egg (well beaten) and enough milk to make a rather slack mixture.

Turn the mixture into a Yorkshire pudding tin, or pie dish, and put it into the oven when the thermometer registers 320 degrees. Reduce to 300 degrees and keep it about this temperature for 30 minutes and finish without current. It will take about 45 minutes in all.

The best temperatures to use for cooking this pudding in my oven are:—

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(53) RICE PUDDING

(With three methods of cooking).

1 Tablespoonful of Rice	$\frac{1}{2}$ -oz. Sugar
$\frac{1}{2}$ -pt. Milk	A little Nutmeg
$\frac{1}{4}$ -oz. Butter	

Methods. Wash the rice and put it in a pie dish with the sugar, butter and milk, stir well together and grate a little nutmeg over.

(1) Put the pudding in the oven when the thermometer registers 200 degrees, and keep it between 200 degrees and 250 degrees for about 2 hours.

(2) Another way is to put the pudding in a cold oven and switch on full current. When the thermometer registers 250 degrees take off most of the current, leaving only enough to keep it at this temperature for $1\frac{1}{2}$ hours.

(3) Yet another way is to cook the pudding in a saucepan on a hotplate, stirring it till the rice has absorbed the milk, then turn into a pie dish and brown under the grill.

NOTE.—Any milk pudding (except custard) may be cooked in either of these three ways.

The best temperature to use for cooking this pudding in my oven is:—

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(54) STRAWBERRY PUDDING.

4-ozs. Flour	1 Egg
1 Teaspoonful Baking Powder	1 Tablespoonful Milk
2-ozs. Butter	3 Tablespoonfuls Strawberry
1-oz. Castor Sugar	Jam

Method. Sieve the flour and baking powder, rub in the butter, add the sugar. Beat the egg and milk together and stir into the pudding, also 1 tablespoonful of strawberry jam, mix well together and pour into a buttered pie dish.

Put it into the oven when the thermometer registers 300 degrees. Keep it about this temperature for 35 minutes and allow another 5 minutes without current. Put the rest of the jam into a saucepan with a little water, lemon juice and sugar and boil well. Strain this round and over the pudding before serving.

The best temperature to use for cooking this pudding in my oven is:—

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(55) SWISS ROLL.

4 Eggs	2-ozs. Butter
4-ozs. Flour	$\frac{1}{2}$ -Teaspoonful Baking Powder
4-ozs. Castor Sugar	Jam

Method. Beat the eggs and sugar together till quite light and thick. Sieve the flour and baking powder and melt the butter. Stir flour, baking powder and melted butter lightly into the eggs and sugar and spread the mixture on a flat baking tin that has been previously covered with well greased paper.

Put the mixture into the oven when the thermometer registers 330 degrees, and keep it about this temperature until cooked. It will take from 7 to 10 minutes.

When cooked spread over with warmed jam and roll up quickly. Dredge it over with castor sugar.

The best temperature to use for cooking Swiss roll in my oven is:—

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(56) VICTORIA SANDWICH.

3 Eggs	1 Teaspoonful Baking Powder
4-ozs. Castor Sugar	Jam or Lemon Curd
4-ozs. Flour	

Method. Beat the eggs and sugar together until quite light and thick. Stir in lightly the flour and baking powder. Pour this mixture into greased sandwich tins.

Put in the oven when the thermometer registers 330 degrees, and keep it about this temperature till done. It will take from 7 to 10 minutes. When cooked spread one of the cakes with jam or lemon curd, place the other on it and dredge over with castor sugar.

The best temperature to use for cooking this sweet in my oven is :—

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BREAD and SCONES.

(57) WHITE OR STANDARD BREAD.

2 lbs. Household or Standard Flour	1 Teaspoonful Sugar
1½-pts. Tepid Water	1 „ Salt
1-oz. Bakers' Yeast	

Method. Pass the flour and salt through a sieve into a basin, put the yeast and sugar into another basin and work them together until the yeast becomes liquid. Add the water and pour the mixture into the flour, then knead the dough with the hands until it becomes smooth. Cover the basin with a cloth and set it in a warm place to rise for about 2 hours. Then turn the dough on to a floured board and knead in so much flour that it no longer sticks to the hand. Divide it into four pieces and put them into greased and floured bread tins ($\frac{1}{4}$ -quartern size) and put them in a warm place for another 15 minutes.

Put the loaves in the oven when the thermometer registers 380 degrees. Keep them about this temperature for 15 minutes, then reduce to 300 degrees. They will take from $1\frac{1}{4}$ to $1\frac{1}{2}$ hours to cook and no current will be required after the first hour.

The best temperatures to use for cooking bread in my oven are :—

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(58) QUICKLY MADE BREAD.

2½-lbs. Standard or Household Flour	1 Teaspoonful Sugar
1½-pts. Tepid Water	1-oz. Bakers' Yeast
1 Teaspoonful Salt	1-oz. Butter

Method. Pass the flour and salt through a sieve into a basin. Cream the yeast and sugar into another basin until the yeast is liquid. Melt the butter and add with the water to this, then stir it into the flour. Turn it on to a floured board and knead it until it is smooth and not sticky. Divide it into four loaves and set them to rise in the tins till the loaves have doubled in size.

Put them in the oven when the thermometer registers 380 degrees and cook as in the preceding recipe.

This bread is not quite so spongy as that made by the first method but it has the advantage of taking much less time to make.

The best temperatures to use for cooking this bread in my oven are :—

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(59) **WHOLEMEAL BREAD.**

1-lb. Wholemeal	1 Teaspoonful Salt
$\frac{1}{4}$ -lb. White Flour	1-oz. Butter
2 Teaspoonfuls Baking Powder	About $\frac{3}{4}$ -pt. Milk

Method. Mix the dry ingredients thoroughly together in a bowl, rub in the butter. Mix with the milk, using enough to make a rather moist dough. Divide into four and make each piece into a round loaf. Place them on a greased baking sheet and put into the oven when the thermometer registers 350 degrees. Reduce the heat to 330 degrees and keep about this temperature until the loaves have been in the oven for 25 minutes. Finish without current. They will take about 30 minutes to cook.

The best temperatures to use for cooking this bread in my oven are :—

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(60) FANCY BREAD.

1-lb. Flour	1 Egg
$\frac{1}{2}$ -oz. Yeast	1-oz. Butter
1 Teaspoonful Castor Sugar	$\frac{1}{2}$ -pt. Warm Milk
A pinch of Salt	

Method. Cream the yeast and sugar together, add the milk and the egg (well beaten). Rub the butter into the flour and pour in the yeast mixture. Beat it all well together until it leaves the sides of the basin. Put it in a warm place to rise for 1½ hours, then make it into fancy loaves, plaits, twists, etc. Let these prove another 10 minutes, then brush them over with beaten egg.

Put them in the oven when the thermometer registers 350 degrees and keep them about this temperature for 15 minutes. Finish without current. They will take about 20 minutes to cook.

The best temperature to use for cooking this bread in my oven is:—

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(61) AFTERNOON TEA BREAD.

$\frac{1}{2}$ -lb. Flour	1 Teaspoonful Baking Powder
2-ozs. Butter	1 Egg
1-oz. Castor Sugar	A little Milk

Method. Rub the butter into the flour, which has been previously sieved and mixed with the baking powder. Add the egg and milk, knead lightly on a floured board and make into eight small cottage loaves.

Brush these over with beaten egg and place on a greased tin and put them in the oven when the thermometer registers 340 degrees. Keep them about this temperature for 10 minutes and finish cooking without current. They will take about 15 minutes.

The best temperature to use for cooking these cakes in my oven is :—

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(62) CURRANT SCONES.

$\frac{1}{2}$ -lb. Flour	Glaze—
1-oz. Castor Sugar	1 Teaspoonful Castor Sugar
1 Teaspoonful Carbonate Soda	2 Teaspoonfuls Milk
$1\frac{1}{2}$ Teaspoonfuls Cream of Tartar	
$\frac{1}{4}$ -pt. Buttermilk or Sour Milk	
1-oz. Currants	
$1\frac{1}{2}$ -ozs. Butter	

Method. Sieve together the flour, sugar, and cream of tartar, rub in the butter and add the currants. Dissolve the carbonate of soda in the milk and mix with the other ingredients. Roll the mixture out to the thickness of half-an-inch, and cut into small round cakes.

Put these in the oven when the thermometer registers 340 degrees and keep them about this temperature for 10 minutes. Finish without current. They will take about 20 minutes to cook. When they are nearly done brush them over with glaze made by mixing 1 teaspoonful of castor sugar with 2 teaspoonfuls of milk.

The best temperature to use for cooking these scones in my oven is :—

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(63) PAISLEY ROLLS.

8-ozs. Flour

$\frac{1}{2}$ -Teaspoonful Salt

1-oz. Paisley Flour

Milk to mix

Method. Pass the dry ingredients through a sieve and mix with the milk into a moderately soft dough. Shape this into small rolls and place them on a greased baking sheet.

Put them in the oven when the thermometer registers 350 degrees. Keep them about this temperature for 15 minutes and finish cooking without current.

The best temperature to use for cooking these rolls in my oven is :—

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(64) PLAIN SCONES.

$\frac{1}{2}$ -lb. Flour

$1\frac{1}{2}$ -Teaspoonfuls Cream of Tartar

$\frac{1}{4}$ -Teaspoonful Salt

$\frac{1}{4}$ -pt. Sour Milk or Buttermilk

1 Teaspoonful Carbonate
of Soda

$1\frac{1}{2}$ -ozs. Lard

Method. Mix the salt and the cream of tartar thoroughly into the flour, and rub in the lard. Dissolve the carbonate of soda in the milk and stir into the other ingredients. Roll the mixture out to about half-an-inch in thickness, and cut into small round cakes.

Put these in the oven when the thermometer registers 340 degrees and keep them about this temperature for 10 minutes. Finish without current. They will take about 20 minutes to cook.

The best temperature to use for cooking these scones in my oven is :—

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(65) POTATO TEA CAKES.

$\frac{1}{4}$ -lb. Flour	A little Milk
$\frac{1}{4}$ -lb. Cooked Potatoes	$\frac{1}{4}$ -Teaspoonful Salt
$\frac{1}{2}$ -Teaspoonful Baking Powder	
2-ozs. Butter or Dripping	

Method. Pass the potatoes through a sieve, mix them with the flour, baking powder and salt. Melt the butter or dripping and pour on to the dry ingredients, adding enough milk to make a rather slack paste. Roll this out to about half-an-inch in thickness and cut into small round cakes. Place them on a greased tin and brush over with a beaten egg or milk.

Put them into the oven when the thermometer registers 340 degrees and keep about this temperature for 15 minutes. Finish without current. They will take about 25 minutes to cook.

The best temperature to use for cooking these cakes in my oven is :—

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LARGE CAKES.

(66) ALMOND CAKE.

$\frac{1}{4}$ -lb. Butter	$\frac{1}{2}$ -Teaspoonful Baking Powder
6-ozs. Castor Sugar	4 Eggs
3-ozs. Ground Almonds	1 Teaspoonful Almond Essence
$\frac{1}{2}$ -lb. Flour	

Method. Mix together the flour, baking powder, and ground almonds. Beat the butter and sugar to a cream, add the egg yolks one at a time beating each one well in. Stir in the dry ingredients and the almond essence and lastly the egg whites whisked to a stiff froth.

Turn the mixture into a well-greased cake tin and put it into the oven when the thermometer registers 320 degrees. Reduce to 300 degrees and keep it about this temperature for one hour. Finish without current. It will take about $1\frac{1}{2}$ hours in all.

The best temperatures to use for cooking this cake in my oven are :—

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(67) CHOCOLATE CAKE.

4-ozs. Butter	3 Eggs
5-ozs. Castor Sugar	1 Teaspoonful Baking Powder
5-ozs. Flour	1 Tablespoonful Milk
3-ozs. Grated Chocolate	Vanilla Essence

Method. Sieve the flour, chocolate and baking powder together. Cream the butter and sugar until white, beat in the eggs separately, then stir in the dry ingredients, also the milk and vanilla. Turn this mixture into a cake tin lined with greased paper.

Put the cake in the oven when the thermometer registers 300 degrees and keep it about that temperature for $1\frac{1}{4}$ hours. Finish without current. It will take about $1\frac{1}{2}$ hours altogether.

The best temperature to use for cooking this cake in my oven is :—

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(68) DATE AND WALNUT CAKE.

$\frac{1}{4}$ -lb. Butter	2 Tablespoonfuls Milk
$\frac{1}{4}$ -lb. Castor Sugar	2-ozs. Dates
$\frac{1}{2}$ -lb. Flour	2-ozs. Walnuts
2 Teaspoonfuls Baking Powder	2 Eggs

Method. Cream the butter and sugar, stir in the eggs separately, add the dry ingredients and the milk.

Turn the mixture into a cake tin lined with buttered paper, and put it in the oven when the thermometer registers 320 degrees. Reduce to 300 degrees and keep about this temperature for 1 hour. Finish cooking without current. It will take about $1\frac{1}{2}$ hours in all.

The best temperatures to use for cooking this cake in my oven are:—

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(69) DOUGH CAKE.

$\frac{1}{4}$ -Quartern Dough	1-oz. Chopped Peel
(see recipe for Bread, page 52)	1 Egg
$\frac{1}{4}$ -lb. Sugar	2-ozs. Butter (melted)
3-ozs. Sultanas or Currants	

Method. Mix the sugar, currants, sultanas and peel into the dough, beat the eggs and add them and the liquid butter to the cake. Beat it all well together, turn into a greased tin and leave it to prove in a warm place for 20 minutes.

Put it into the oven when the thermometer registers 360 degrees, keep at this temperature for 15 minutes, then reduce to 300 degrees, and when the cake has been in the oven for 1 hour take off all current. It will take about $1\frac{1}{4}$ hours to cook.

The best temperatures to use for cooking this cake in my oven are:—

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(70) GINGERBREAD CAKE.

$\frac{1}{4}$ -lb. Flour	2 Eggs
$\frac{1}{4}$ -lb. Treacle	1 Teaspoonful Baking Powder
2-ozs. Butter	$\frac{1}{2}$ -oz. Ground Ginger
2-ozs. Sugar	1 Teaspoonful Mixed Spice
1-oz. Almonds	

Method. Melt the butter, then stir in the treacle, sugar, flour, ginger, spice and baking powder. Well beat the eggs and add to the rest. Cook either in a cake tin or a Yorkshire pudding tin. The almonds should be blanched, cut in halves and spread on the top when the cake is nearly done.

Put it in the oven when the thermometer registers 300 degrees and keep it about this temperature for half-an-hour. Finish cooking without current. It will take about three-quarters-of-an-hour in a Yorkshire pudding tin and about 1 hour in an ordinary cake tin.

The best temperature to use for cooking this cake in my oven is :—

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(71) GROUND CARRAWAY SEED CAKE.

$\frac{1}{4}$ -lb. Butter	2 Eggs
$\frac{1}{4}$ -lb. Castor Sugar	2 Tablespoonfuls Milk
$\frac{1}{2}$ -lb. Flour	1 Teaspoonful Baking Powder
$\frac{1}{2}$ -oz. Ground Carraway Seeds	

Method. Sieve the flour, baking powder and ground carraway seeds together. Cream the butter and sugar until white. Beat in the eggs separately, stir the dry ingredients lightly in, also the milk.

Turn the mixture into a buttered cake tin and put it into the oven when the thermometer registers 320 degrees. Reduce the heat to 300 degrees and cook the cake at about this temperature for 1 hour. Finish without current. It will take about $1\frac{1}{4}$ hours in all.

The best temperatures to use for cooking this cake in my oven are :—

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(72) LLANDUDNO CAKE.

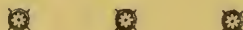
$\frac{1}{2}$ -lb. Flour	2-ozs. Glacé Cherries
4-ozs. Butter	Grated Nutmeg
4-ozs. Castor Sugar	1 Teaspoonful Baking Powder
4-ozs. Sultanas	2 Eggs
2-ozs. Currants	$\frac{1}{2}$ -Gill Milk

Method. Rub the butter into the flour, add all the dry ingredients. Stir in the eggs and milk well beaten together.

Turn this mixture into a cake tin lined with buttered paper and put in the oven when the thermometer registers 320 degrees. Reduce the heat to 300 degrees and cook the cake at this temperature for 1 hour. Finish without current. It will take about $1\frac{1}{4}$ hours in all.

The best temperatures to use for cooking this cake in my oven are :—

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(73) MADEIRA CAKE.

4-ozs. Butter	1 Teaspoonful of Baking Powder
6-ozs. Castor Sugar	8-ozs. Flour
3 Eggs	A little Milk
Grated Lemon Rind	

Method. Cream the butter and sugar and mix the dry ingredients together. Add the eggs to the butter and sugar, beating each one in separately. Then stir the dry ingredients lightly into the mixture and add enough milk to make it the right consistency.

Turn the cake into a greased and papered cake tin and put it in the oven when the thermometer registers 320 degrees. Keep it about 300 degrees for 1 hour. Finish without current. It will take about $1\frac{1}{4}$ hours in all.

The best temperatures to use for cooking this cake in my oven are :—

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(74) ORANGE CAKE.

6-ozs. Castor Sugar	1 Teaspoonful of Baking Powder
4-ozs. Butter	6-ozs. Flour
3 Eggs	2-ozs. Ground Rice
Grated Rind of 1 Orange	2 Tablespoonfuls Orange Juice

Method. Cream the butter and sugar together. Add the eggs separately, beating each one well in. Mix together the flour, ground rice, baking powder and orange rind and stir these and the orange juice lightly into the cake.

Turn it into a greased cake tin and put it in the oven when the thermometer registers 320 degrees. Keep it about 300 degrees for 1 hour and finish cooking without current. It will take from $1\frac{1}{4}$ to $1\frac{1}{2}$ hours.

The best temperatures to use for cooking this cake in my oven are :—

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(75) A VERY PLAIN PLUM CAKE.

(WAR-TIME CAKE)

$\frac{1}{2}$ -lb. Flour	1 Teaspoonful of Baking Powder
4-ozs. Currants	1 Egg
1-oz. Margarine	Nearly $\frac{1}{4}$ -pt. Milk
1-oz. Lard	
2-ozs. Castor Sugar	

Method. Rub the fat into the flour and mix in all the dry ingredients. Beat the egg, add the milk and mix all well together.

Turn into a greased tin and put into the oven when the thermometer registers 320 degrees. Reduce to 300 degrees and keep about this temperature for 1 hour, then allow quarter-of-an-hour without current.

The best temperatures to use for cooking this cake in my oven are :—

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(76) POMPADOUR CAKE.

8-ozs. Flour	2½-ozs. Glacé Cherries
4-ozs. Butter	1-oz. Angelica
5-ozs. Castor Sugar	3 Eggs
1 Teaspoonful Baking Powder	A little Milk

Method. Pass the flour and baking powder through a sieve. Cut the cherries into pieces and shred the angelica. Cream the butter and sugar, add the eggs separately, beating each well in. Stir the dry ingredients lightly into the mixture. Grease and paper a cake tin and turn the cake into this.

Put it in the oven when the thermometer registers 320 degrees. Reduce to 300 degrees and keep about this temperature for 1 hour. Finish cooking without current. It will take about 1½ hours altogether.

The best temperatures to use for cooking this cake in my oven are :—

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(77) RAISIN CAKE.

½-lb. Flour	A little Nutmeg
3-ozs. Butter	2 Eggs
3-ozs. Brown Sugar	2 Tablespoonfuls Milk
3-ozs. Stoned Raisins	1 Teaspoonful Baking Powder

Method. Pass the flour and baking powder through a sieve into a bowl, rub in the butter, add the raisins cut in half and the nutmeg. Beat the eggs and milk together and stir them into the cake.

Turn it into a buttered cake tin and put it in the oven when the thermometer registers 320 degrees. Reduce to 300 degrees and keep about that temperature for 1¼ hours. Finish without current. It will take about 1½ hours to cook.

The best temperatures to use for cooking this cake in my oven are :—

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(78) SPICE CAKE.

4-ozs. Flour	1 Teaspoonful Cinnamon
4-ozs. Ground Rice	$\frac{1}{2}$ -Teaspoonful Mixed Spice
2-ozs. Sultanas	2 Eggs
2-ozs. Currants	A little Milk
1 Teaspoonful Baking Powder	3-ozs. Butter

Method. Pass the flour, baking powder and spices through a sieve, rub in the butter. Beat the eggs well and stir in, adding enough milk to make a smooth dough.

Turn this into a buttered cake tin and put it in the oven when the thermometer registers 320 degrees. Reduce the heat to 300 degrees and keep about this temperature for 1 hour. Finish without current. It will take about $1\frac{1}{4}$ hours altogether.

The best temperatures to use for cooking this cake in my oven are :—

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(79) SPONGE CAKE.

5 Eggs	$\frac{1}{4}$ -lb. Castor Sugar
$4\frac{1}{2}$ -ozs. Flour	Grated Lemon Rind
1 Teaspoonful Lemon Juice	

Method. Well grease a mould or cake tin and dredge it over with equal quantities of flour and castor sugar. Tie a band of greased paper round the top. Beat the eggs and sugar together until they are quite light and thick. This will take about half-an-hour. Mix the grated lemon rind with the flour and stir this and the lemon juice lightly into the mixture.

Pour the cake into the prepared mould and dredge over with castor sugar.

Put it into the oven when the thermometer registers 330 degrees. Keep it about 300 degrees for 1 hour and finish cooking without current. It will take altogether about $1\frac{1}{4}$ hours.

The best temperatures to use for cooking this cake in my oven are :—

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(80) WESTMINSTER CAKE.

1-lb. Flour	1 Teaspoonful Carbonate of Soda
$\frac{1}{4}$ -lb. Butter	$\frac{1}{2}$ -lb. Raisins
2-ozs. Brown Sugar	3 Eggs
$\frac{1}{4}$ -lb. Treacle	A little Milk
$\frac{1}{4}$ -lb. Currants	

Method. Melt the butter and treacle, add the soda and stir until it ferments like yeast. Then add the other ingredients, mix well and turn into a greased cake tin.

Put it in the oven when the thermometer registers 300 degrees. Keep it between 280 degrees and 300 degrees for $1\frac{1}{2}$ hours. Finish cooking without current. It will take about 2 hours in all.

The best temperatures to use for cooking this cake in my oven are :—

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SMALL CAKES.

(81) BRAZIL CAKES.

4-ozs. Flour	1½-ozs. Cherries
2-ozs. Castor Sugar	2 Eggs
3-ozs. Brazil Nuts (weighed after shelling)	1 Teaspoonful Baking Powder

Method. Cream the butter and sugar, chop the nuts and cut up the cherries. Mix the nuts, cherries, flour and baking powder together, and add them with the eggs to the butter and sugar. Put the mixture into small queen cake tins or patty pans which have been well greased. This quantity will make twenty cakes.

Put them in the oven when the thermometer registers 310 degrees, and keep them about this temperature for 10 minutes. Finish cooking without current. They will take about 15 minutes to cook.

The best temperature to use for cooking these cakes in my oven is :—

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(82) COCOANUT ROCK CAKES.

3-ozs. Flour	½-Teaspoonful Baking Powder
1½-ozs. Butter	1 Egg
1½-ozs. Castor Sugar	1½-ozs. Desiccated Cocoanut

Method. Cream the butter and sugar together. Stir in the dry ingredients. Beat the egg well, and add enough of it to make a very stiff mixture. Place the cakes on a flat tin in small rough heaps.

Put them in the oven when the thermometer registers 300 degrees and keep them about this temperature for 10 minutes. Finish cooking without current.

The best temperature to use for cooking these cakes in my oven is :—

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(83) DOLLY CAKES.

$\frac{1}{4}$ -lb. Flour	$\frac{1}{2}$ -oz. Angelica
$1\frac{1}{2}$ -ozs. Butter	1 Egg
$1\frac{1}{2}$ -ozs. Castor Sugar	$\frac{1}{2}$ -Teaspoonful Baking Powder
1-oz. Glacé Cherries	A little Milk

Method. Cream together the butter and sugar. Wash the angelica, cut it and the cherries into small pieces and mix them with the flour and baking powder. Beat the egg with a little milk and add it alternately with the dry ingredients to the creamed butter and sugar.

Turn the mixture into small queen cake tins and put them in the oven when the thermometer registers 310 degrees. Keep them about this temperature for 10 minutes, then finish without current. They will take about 15 minutes altogether.

The best temperature to use for cooking these cakes in my oven is :—

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(84) LITTLE ALMOND CAKES.

$\frac{1}{2}$ -lb. Ground Almonds	Cherries and Angelica
$\frac{1}{4}$ -lb. Castor Sugar	Rice Paper
3 Whites of Eggs	

Method. Whisk the egg whites slightly, then stir in the ground almonds and sugar. Put this mixture into a forcing bag and force in fancy shapes on to the rice paper. Decorate them with cherries and angelica.

Put them in the oven at 280 degrees, and keep about that temperature for 15 minutes.

The best temperature to use for cooking these cakes in my oven is :—

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(85) LITTLE GENOA CAKES.

4-ozs. Flour	1 Tablespoonful Milk
2-ozs. Butter	1 Teaspoonful Baking Powder
2-ozs. Castor Sugar	2-ozs. Currants or Sultanas
1 Egg	1-oz. Citron

Method. Cream the butter and sugar. Stir in the egg, mix the flour, baking powder and fruit together, and add to the mixture.

Turn the cakes into small greased tins and put them in the oven when the thermometer registers 310 degrees. Keep them about this temperature for 15 minutes and allow 5 minutes without current.

The best temperature to use for cooking these cakes in my oven is:—

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(86) LITTLE RICE CAKES.

3-ozs. Flour	3-ozs. Castor Sugar
2-ozs. Ground Rice	$\frac{1}{2}$ -Teaspoonful Baking Powder
2-ozs. Butter	2 Eggs

Method. Sieve the flour, rice and baking powder together. Cream the butter and sugar until white, and beat the eggs separately into this. Stir the dry ingredients in lightly, and turn the mixture into small greased tins.

Put the cakes into the oven when the thermometer registers 310 degrees and cook them about this temperature for 10 minutes. Allow them another 5 minutes after the current has been switched off.

The best temperature to use for cooking these cakes in my oven is:—

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(87) MINNIE'S CAKES.

2 Eggs	Cherries and	} <i>For</i> <i>decoration</i>
3-ozs. Castor Sugar	Angelica,	
4-ozs. Butter	Currants or	
5-ozs. Flour	Candied Peel	
Teaspoonful Baking Powder		
A few drops of Ratafia Essence		

Method. Cream together the butter and sugar, beat in the eggs separately, then lightly stir in the flour, baking powder and essence. Put this mixture into small greased patty pans. Sprinkle a few currants on the top of each, or decorate with cherries and angelica or a little citron.

Put them in the oven when the thermometer registers 300 degrees, and keep them about this temperature for 10 minutes. Finish them without current. They will take from 15 to 20 minutes to cook.

The best temperature to use for cooking these cakes in my oven is :—

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(88) ORANGE ROCK CAKES.

$\frac{1}{4}$ -lb. Flour	Grated rind of half an Orange
$1\frac{1}{2}$ -ozs. Butter	1 Egg
1-oz. Castor Sugar	$\frac{1}{2}$ -Teaspoonful Baking Powder

Method. Cream the butter and sugar together. Mix the orange rind, flour and baking powder and add them with the beaten egg to the butter and sugar. If the egg is large, use only enough of it to bind the other ingredients into a stiff mixture. Arrange it in 16 rough heaps on a flat greased tin.

Put them in the oven when the thermometer registers 300 degrees, and keep them about this temperature for 10 minutes. Finish without current. They will take about 15 minutes in all.

The best temperature to use for cooking these cakes in my oven is :—

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(89) QUEEN CAKES.

$\frac{1}{4}$ -lb. Butter	3 Eggs
$\frac{1}{4}$ -lb. Castor Sugar	$\frac{1}{4}$ -Teaspoonful Baking Powder
6-ozs. Flour	Cherries and Angelica
Grated rind of 1 Lemon	(to decorate)

Method. Cream the butter and sugar together, add the eggs separately, beating each well in. Mix the flour, baking powder and lemon rind and stir them into the mixture. Turn it into well-buttered queen cake tins and decorate with cherries and angelica.

Put these cakes into the oven when the thermometer registers 300 degrees, and keep them at that temperature for 15 minutes. Finish cooking them without current, they will take about 20 minutes in all.

The best temperature to use for cooking these cakes in my oven is :—

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(90) RASPBERRY BUNS.

$\frac{1}{2}$ -lb. Flour	A little Milk
2-ozs. Sugar	1 Teaspoonful of Baking Powder
3-ozs. Butter	Raspberry Jam
1 Egg	

Method. Rub the butter into the flour, add the rest of the dry ingredients, then stir in the egg (well beaten) and enough milk to make a light paste. Roll this out, cut it into small rounds, put a little jam on each, wet the edges and pinch them together. Place them with the joined side under on a greased tin and sprinkle a little crystalised sugar or sugar nibs over the top.

Put them in the oven when the thermometer registers 340 degrees, and keep about this temperature for 15 minutes. Finish without current. They will take about 20 minutes to cook.

The best temperature to use for cooking these cakes in my oven is :—

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(91) ROCK CAKES.

$\frac{1}{2}$ -lb. Flour	3-ozs. Butter or Dripping
2-ozs. Currants	$\frac{1}{4}$ -lb. Sugar
2-ozs. Sultanas	Nutmeg
1-oz. Candied Peel	1 Egg
1 Teaspoonful Baking Powder	A little Milk

Method. Sieve the flour and baking powder, rub in the butter or dripping, add all the dry ingredients. Beat up the egg and stir in, adding enough milk to make a stiff mixture. Place this in about 20 small rough heaps on a greased baking tin.

Put the cakes in the oven when the thermometer registers 300 degrees, and keep them about this temperature for 10 minutes. Finish cooking without current. They will take about 15 minutes in all.

The best temperature to use for cooking these cakes in my oven is :—

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(92) SMALL CHOCOLATE CAKES.

$2\frac{1}{2}$ -ozs. Flour	1 Egg
2-ozs. Grated Chocolate	1 Teaspoonful Vanilla Essence
2-ozs. Butter	A few blanchd Almonds
$1\frac{1}{2}$ -ozs. Castor Sugar	A small $\frac{1}{2}$ -Teaspoonful Baking Powder

Method. Cream the butter and sugar, add the egg and beat it well in. Pass the flour, baking powder and chocolate through a sieve, mixing them well together. Stir this lightly into the mixture and add the vanilla. Butter 12 queen cake or fancy tins and turn the mixture into these, placing half a blanchd almond on the top of each.

Put the cakes into the oven when the thermometer registers 300 degrees and keep about that temperature for 15 minutes. Finish without current. They will take about 20 minutes in all.

The best temperature to use for cooking these cakes in my oven is :—

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(93) SMALL SPONGE CAKES.

3-ozs. Castor Sugar	A small Teaspoonful Baking Powder
3-ozs. Flour	2 Eggs

Method. Procure some sponge cake tins, butter them well, and coat them all over inside with flour and sugar mixed in equal proportions. Beat the eggs, add the sugar, and continue beating till the mixture is quite light and thick. Sieve the flour and baking powder and stir them very lightly into the eggs and sugar. Half fill the tins with this mixture and dredge over with castor sugar.

Put them in the oven when the thermometer registers 330 degrees. Reduce the heat to 300 degrees and cook at this temperature for 10 minutes. Finish without current. They will take about 15 minutes in all.

The best temperatures to use for cooking these cakes in my oven are :—

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BISCUITS.

(94) CINNAMON BISCUITS.

8-ozs. Flour	1 Teaspoonful Ground Cinnamon
4-ozs. Castor Sugar	1 Egg
4-ozs. Butter	A few Blanched Almonds
$\frac{1}{4}$ -Teaspoonful Baking Powder	

Method. Sieve the flour, cinnamon and baking powder together, rub in the butter, add the sugar. Mix to a smooth paste with the beaten egg. Roll out thinly and cut into biscuits. Put them on a greased tin, brush over with milk or egg, sprinkle with castor sugar and place half a blanchd almond on each.

Put them in the oven when the thermometer registers 280 degrees and keep about this temperature for 10 minutes. Finish without current. They will take about 15 minutes in all.

Ground ginger may be used instead of cinnamon for these biscuits, in which case they should be decorated with crystallised ginger.

The best temperature to use for cooking these biscuits in my oven is :—

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(95) CURRANT BISCUITS.

4-ozs. Flour	2-ozs. Butter
1 Egg Yolk	1-oz. Castor Sugar
2-ozs. Currants	Vanilla Essence

Method. Cream the butter and the sugar, add the flour and currants, also a few drops of vanilla essence. Mix to a stiff paste with the egg yolk beaten up with a little water. Roll this out to a quarter-of-an-inch in thickness, and cut into biscuits.

Put them in the oven when the thermometer registers 300 degrees and keep about this temperature for 15 minutes. Finish without current. Dredge over lightly with castor sugar. They should be a pale straw colour when done, and will take about 20 minutes to cook.

The best temperature to use for cooking these biscuits in my oven is :—

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(96) GINGERBREAD BISCUITS.

$\frac{1}{2}$ -lb. Flour	$\frac{1}{4}$ -lb. Butter
$\frac{1}{3}$ -oz. Ground Ginger	$\frac{1}{2}$ -lb. Black Treacle
$\frac{1}{4}$ -lb. Brown Sugar	$\frac{1}{2}$ -Teaspoonful Baking Powder

Method. Mix together the flour, sugar, ginger and baking powder. Melt the butter and treacle and stir into the dry ingredients. Add a little more flour if necessary. Roll this mixture out rather thinly and cut into round biscuits.

Place these on a greased baking tin and put in the oven when the thermometer registers 280 degrees. Keep them about this temperature for 10 minutes. Finish cooking without current. They will take about 15 minutes in all.

The best temperature to use for cooking these biscuits in my oven is :—

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(97) MACAROON BISCUITS.

$\frac{1}{4}$ -lb. Ground Almonds	$\frac{1}{2}$ -oz. Rice Flour
$\frac{1}{2}$ -lb. Castor Sugar	Rice Paper
3 Whites of Eggs	A few Blanched Almonds

Method. Whisk the egg whites slightly, stir in the ground almonds, castor sugar and rice flour. Mix well together. Put this mixture into a forcing bag with a plain pipe and force small biscuits on to rice paper. Place half an almond on each.

Put them in the oven when the thermometer registers 280 degrees, and keep them about this temperature for 15 minutes. Finish without current. They will take about 20 minutes in all.

The best temperature to use for cooking these biscuits in my oven is :—

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(98) OATMEAL BISCUITS.

8-ozs. Flour	Nearly $\frac{1}{4}$ -pt. Milk
4-ozs. Fine or Medium Oatmeal	2-ozs. Lard
4-ozs. Sugar	2-ozs. Butter

Method. Mix together the flour, sugar and oatmeal, rub in the butter and lard and mix it into a stiff paste with the milk. Roll it out thinly and cut into biscuits.

Place these on a greased baking tin and put them in the oven when the thermometer registers 290 degrees. Cook them at this temperature for 15 minutes.

The best temperature to use for cooking these biscuits in my oven is :—

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(99) PERIVALE BISCUITS.

8-ozs. Flour	1 Egg
4-ozs. Castor Sugar	2 Teaspoonfuls of Milk
4-ozs. Butter	

Method. Beat the butter and sugar to a cream, add the flour, work together with a knife till it all becomes a powder. Beat the egg and milk together, and add enough to make the mixture into a paste, roll this out thinly, cut into biscuits, put them on a greased tin, brush over with the remains of egg and milk and sprinkle with castor sugar.

Put them in the oven when the thermometer registers 280 degrees, cook them at this temperature for 10 minutes and finish without current. They will take about 15 minutes altogether.

The best temperature to use for cooking these biscuits in my oven is :—

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(100) SHORTBREAD BISCUITS.

$\frac{1}{2}$ -lb. Flour
6-ozs. Butter

2-ozs. Castor Sugar

Method. Mix the flour and sugar together. Rub in the butter and well knead the mixture till it forms a smooth paste. Roll it out and cut into biscuits with a fancy cutter.

Put them in the oven when the thermometer registers 290 degrees, and keep them about this temperature for 10 minutes. Finish without current. They should be quite a pale colour.

The best temperature to use for cooking these biscuits in my oven is :—

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2nd, Cold Pigeon Lentil Soup
 3rd, Broth, Broth, Coffee, Coffee
 Sunday, Potatoes, Turnips
 Broth, Pork, Potatoes
 Beef, Apple Sauce, Sago and milk

with ~~Lowes~~ ~~Bacon~~ Potato ~~Pace~~ Chopin ~~Irish~~
Braith ~~Therest~~ ~~Tannip~~ Pudding -
Rabbit ~~hast~~
Braith ~~Raast~~ ~~Pork~~ ~~Large~~ ~~more~~ ~~same~~
~~and~~ ~~Wendish~~

~~Shrimps~~ egg ~~Souffle~~
~~Potatoes~~ Soup ~~Low~~ ~~Bacon~~ ~~Tannip~~
~~Braith~~ ~~Marmalade~~ ~~Pudding~~

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